

Kids frequently make decisions at the spur of the moment, sometimes without thinking. They tend to look at solutions as black or white, all or nothing, yes or no. Kids also focus on the situation at hand and have difficulty looking ahead to see how a decision could affect them later.

The SODAS Method accomplished two goals:

- It gives parents and children a process for solving problems and making decisions together.
- It helps parents teach children how to solve problems and make decisions on their own.

SODAS stands for:

- **Situation – Options – Disadvantages – Advantages – Solution**

Exercise #10.1

Situation: Before you can solve a problem, you have to know what the problem is. Defining the situation sometimes takes the greatest amount of time because children often use vague or emotional descriptions.

1. Describe a current situation where your child needs to make a decision. Use this situation as we describe each subsequent step of the SODAS Method.

Options: There are several different options to each problem. Your role as a parent is to get your child to think. It is common for kids to only see one solution to a problem, or to take the first one that pops into their heads. Other times, they may see no options at all.

2. Using the situation you described above, identify 3 or 4 possible options for resolving the problem. Indicate what your child would pick, as well as options you might pick.

Disadvantages & Advantages: Help your child look at the pros and cons of each option. This helps your child see the connection between each option and what could happen if that option is chosen.

3. List possible disadvantages and advantages for each option that you listed above.

Disadvantages:

Advantages:

Solution: Quickly summarize the disadvantages and ask your child to choose the best one.

4. List the best possible solution (option) to the problem you described above.
